

Gorgonzola & Cranberry Cheese Ball

READY IN



15 min.

SERVINGS



8

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 servings round buttery crackers assorted
- 8 ounces cream cheese softened
- 1 cup cranberries dried
- 4 ounces gorgonzola crumbled
- 0.8 cup pecans chopped
- 0.3 teaspoon hot sauce hot
- 2 tablespoons bell pepper sweet green red finely chopped

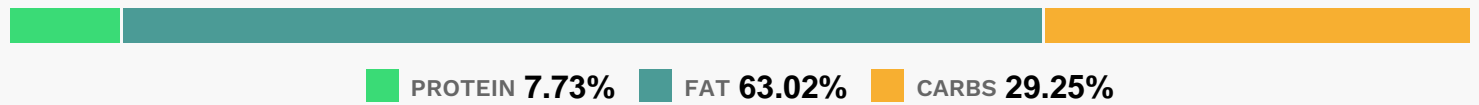
Equipment

- bowl
- plastic wrap

Directions

- In a small bowl, combine cheeses. Stir in the cranberries, vegetables and pepper sauce. Shape into a ball; wrap in plastic wrap. Refrigerate for 1 hour or until firm.
- Roll cheese ball in pecans.
- Serve with crackers.

Nutrition Facts



Properties

Glycemic Index:12, Glycemic Load:0.59, Inflammation Score:-5, Nutrition Score:8.1978261146856%

Flavonoids

Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg, Cyanidin: 1.19mg Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg, Delphinidin: 0.76mg Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg, Catechin: 0.74mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 345.88kcal (17.29%), Fat: 25.06g (38.56%), Saturated Fat: 9.9g (61.85%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 23.97g (8.71%), Sugar: 13.94g (15.49%), Cholesterol: 39.26mg (13.09%), Sodium: 397.3mg (17.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Manganese: 0.59mg (29.67%), Phosphorus: 159.01mg (15.9%), Calcium: 135.67mg (13.57%), Vitamin A: 567.61IU (11.35%), Vitamin B2: 0.18mg (10.67%), Vitamin B1: 0.15mg (10.14%), Vitamin K: 10.56µg (10.06%), Vitamin E: 1.34mg (8.91%), Fiber: 2.2g (8.8%), Copper: 0.16mg (8.16%), Selenium: 5.71µg (8.16%), Zinc: 1.1mg (7.34%), Iron: 1.12mg (6.21%), Vitamin B5: 0.59mg (5.94%), Vitamin B3: 1.18mg (5.88%), Folate: 22.5µg (5.62%), Magnesium: 22.11mg (5.53%), Potassium: 147.16mg (4.2%), Vitamin B6: 0.08mg (4.16%), Vitamin B12: 0.24µg (3.92%), Vitamin C: 3.21mg (3.89%)